



HARRY HURST

MIDDLE SCHOOL

OCTOBER 2019

OUR COUNSELORS



Dear Hurst Families,

We would like to update you as to what we have been up to during the months of August and September as well as what we have planned in October.

- Classroom Presentations—We visited all social studies or science classes in August in order to introduce ourselves and discuss procedures for visiting the counselors' offices. We also stressed the fact that we have boxes outside of our offices for the students to leave notes in (notes can be anonymous or signed).
- Google Classrooms—In September, we created grade specific Google Classrooms that all students should have joined. Various documents will be uploaded to these classrooms throughout the year. The first assignment posted in the classroom is a one-minute-meeting that all students will participate in with a counselor in October.
- Advisory Lesson Planning— The October Advisory Lesson Plans to include a variety of topics and activities We focused on drug awareness and bullying during the month of October. Students will learn about the history and purpose of Red Ribbon Week and participate in drug awareness activities. They will also participate in bully awareness activities.
- Red Ribbon Week—October 28- November 1, 2019. Please be on the lookout for information regarding activities to come out later this month.
- Internet Safety—Students will participate in a presentation by the St. Charles Parish Sheriff's in order to bring awareness to the laws and dangers of the internet and social media.
- Mentoring—Community mentoring begins at the beginning of this month and will continue through May. If you are interested in mentoring a student, please let us know.
- Suicide Prevention and Awareness Month—September was Suicide Prevention and Awareness Month. Please see the following infographic about suicide.

If you need to get in touch with us, please contact the office by phone or email us at the following addresses:

TEAMs 1, 2, and 3 (6th and 7th Grade) Tina Chaisson— tchaisson1@stcharles.k12.la.us

TEAMs 4, 5, and 6 (7th and 8th Grade) Meghan Duplessis— mduplessis@stcharles.k12.la.us

We hope everyone has a great year!

Sincerely, Tina Chaisson and Meghan Duplessis

SUICIDE

AMONG ADOLESCENTS AND YOUTH IN THE AMERICAS

Suicide is the **third leading cause** of death among adolescents and youth



24%

Homicides



20%

Traffic fatalities



7%

Suicides

12,000

YOUNG PERSONS AGED 15 TO 24 **DIE EACH YEAR** DUE TO SUICIDE

3 OUT OF 4 ARE MALES

MALES carry out more suicides, but females make more suicide attempts



Previous suicide attempts



Family history of suicide or attempts



Depression/ anxiety



Stressful life events



Loss of interest

WARNING SIGNS



Isolation



Irritability



Feeling trapped or like a burden to others



Increased use of substances



Chronic health conditions

SUICIDE IS PREVENTABLE SUICIDE IS PREVENTABLE SUICIDE IS PREVENTABLE

IMPLEMENT NATIONAL STRATEGIES FOR SUICIDE PREVENTION:



FOLLOW UP on and support young people who have attempted suicide



RESTRICT access to the most common means of suicide



RAISE AWARENESS among young people, parents, teachers, and health workers



TARGET specific interventions for at-risk groups, such as indigenous and LGBT youth



IDENTIFY & TREAT mental health conditions and substance use



PROMOTE responsible sharing of suicide information in media and on social networks



PROVIDE suicide prevention training for health and education professionals



IMPROVE registration and analysis of suicides

PARENTS, TEACHERS, HEALTH WORKERS, YOUTH:



RECOGNIZE warning signs & seek help

References:
bit.ly/2dmZfyv

#YouthHealth
www.paho.org



Pan American
Health
Organization



World Health
Organization
Regional Office for the Americas



Harry Hurst Middle School

Parent/ Student Information Sheet

“Strong Together Against Bullying And Drugs”

Monday, October 28th through Friday, November 1st, 2019

Monday, October 28 th		
<ul style="list-style-type: none"> • Dress Down: “Red Out”: Students will be allowed to wear red shirts, sweaters, jackets, sweatshirts, etc. with jeans or other bottoms (preferably red). No leggings or pajamas allowed. • In Advisory: Students will view a anti-drug and/or bullying related video and receive pledge stickers. • At Lunch: Students can sign a pledge to place on the bulletin board outside of the cafeteria. 		
Tuesday, October 29 th		
<ul style="list-style-type: none"> • Dress Down: “From Head to Toe, I’m Drug Free”: Students will be allowed to wear mismatched or crazy socks and crazy hair with school uniform. • In Advisory: Students will view a anti-drug and/or bullying related video. • At Lunch: Officer Freitas will allow students to wear the fatal vision goggles. 		
Wednesday, October 30 th –Sheriff’s Office Presentations on Bullying and Internet Safety		
<ul style="list-style-type: none"> • Dress Down: “Color My World Drug Free”: Students will be allowed to dress in bright/ neon colors with jeans or other bottoms. No leggings or pajamas allowed. • In Advisory: Students will view a anti-drug and/or bullying related video. 		
Thursday, October 31 st		
<ul style="list-style-type: none"> • Dress Down: “Hocus Pocus, Drugs Aren’t My Focus”: Students will be allowed to have a general dress down day. Costumes will be allowed as long as there are not hats, masks, face paint, etc. Students cannot cover their face in any way. No leggings allowed. • In Advisory: Students will complete an anti-drug crossword puzzle and/ or coloring page in pairs or small groups. • At Lunch: A treat will be handed out by the counselors. 		
Friday, November 1 st		
<ul style="list-style-type: none"> • Dress Down: “Stay In The Game...Be Drug Free”: Students will be allowed to wear their favorite team shirt, jersey or team colors with jeans or other bottoms. No leggings or pajamas allowed. • NO Advisory today • At lunch: Students will view a “Wake Up Call Portfolio” with music. They will receive a sticker at lunch. 		
<p>Other Initiatives:</p> <ul style="list-style-type: none"> • Drug awareness facts will be read by students during morning announcements. • Students can participate in a Poster Making Contest. Students can work on these posters individually or in a small group (no more than 3 students per group). Posters can be completed on students’ own time or advisory (if time allows). Winning posters from each grade level will receive a prize. • The students will participate in a grade level presentation by the SCP Sheriff’s Department regarding internet safety and social media. Enrichment Teachers will bring students according to the schedule below: 		
Wednesday, October 30 th Sheriff’s Office Presentations by Team through Enrichment Classes		
1 st Period (6 th GRADE ONLY) – 8:23-9:22 – Gym	3 rd Period (7 th GRADE ONLY) – 10:27 – 11:26 – Gym	5 th Period (8 th GRADE ONLY) – 12:37 – 1:36 – Gym
2 nd Period (6 th GRADE ONLY) – 9:25–10:24 – Gym	4 th Period (7 th GRADE ONLY) – 11:57 – 12:56 - Gym	6 th Period (8 th GRADE ONLY) – 1:39 – 2:38 – Gym

Mindfulness Corner

MINDFULNESS

As we approach the end of the first nine weeks and begin the second, student stressors can begin to pile up: grades, new units of study, continually evolving friendships, and more! Mindfulness can help students cope with these feelings. **Mindfulness is the practice of being “present.”** By practicing mindfulness, students can keep their minds on the present instead of becoming mired in worries about what happened on Instagram last night or how they might do on a social studies test next week. Studies show that students who **consistently** practice mindfulness experience **less stress, better test scores, stronger immune systems, better memory**, and many other benefits.

Each day, students practice mindfulness exercises in each of their classes; in advisory they are learning about the science behind stress and mindfulness as well as different methods to cope with stress. Ask your child to demonstrate these practices to you and explain how mindfulness works. Incorporating these practices into daily routines at home, such as getting ready for bed or even unwinding after a long day, can greatly reduce these negative feelings and bring the family closer together.

Aside from mindful techniques such as visualization and breathing exercises, parents can also incorporate mindfulness at home through intentional conversations. How often have you asked the question “How was your day?” only to be met with a shrug or a “fine”? Asking questions that are geared towards mindfulness can help students unpack and process the day, which can help them to **be better than yesterday!** Try some of these questions on the ride home, on the way to practice, or during dinner:

- What is the best thing that happened to you today?
- What is the worst thing that happened to you today?
- What are you grateful for today?
- What are you proud of today?
- Did you help anyone today?
- What do you regret doing or not doing today?
- What is the kindest thing you did today?

It is important to note that these questions require kids to think about specifics and reflect upon the whole day; they think about their actions as well as the things that happened to them. Of equal importance is using these questions to help students become more mindful individuals. If your child brings up something they regret doing, there is a lot of power in helping them to come up with solutions to learn from this regret. This will help them to be more mindful—more present—in their day-to-day activities and learn to self-regulate their emotions, thoughts, and actions. Mindfulness takes consistency, so by incorporating these questions into daily family life, your child—and your family relationships—will reap its benefits!





Library News

Hey Roadrunners! October is TEENtober in your library. TeenTober is a new, nationwide celebration hosted by libraries every October. At Hurst, we are celebrating teens **READING**. To make sure our library has something for you, stop by the library and leave new book requests with Mrs. Lusco and Mrs. Granier, and check out a book while you're there.

To help put the latest and greatest titles in your hands during TEENtober, we are hosting our fall book fair October 7-11. Come celebrate reading with us and shop the book fair!

Watch this video to see previews of some of the most wanted titles available at the book fair:

<https://bookfairs.scholastic.com/bookfairs/fair-resources/book-resources/author-videos.html> .

To shop the book fair online, click this link: <https://bookfairs.scholastic.com/bf/hurstmiddle> . Click on "Earn Rewards" and then "Online Shopping," and you can shop the book fair from wherever you are. You can choose from thousands of

Book a Party- Get a \$20 Arcade card for the Guest of Honor! Expires 1/7/20	1 Large One-Topping Pizza, 12 Wings, 1 Pitcher \$25.99 plus tax Expires 1/7/20
BOGO \$5 Arcade Card Expires 1/7/20	BOGO Game of Laser Tag or ride of Bumper cars Expires 1/7/20

**Everyone playing Laser Tag must be at least 46" tall.
All Bumper Car riders must be at least 5 years old and 40" tall.*

Do you love Laser Tag of Metairie? Stop by the library to tell Mrs. Lusco or Mrs. Granier about the book you just read to earn this Reward for Reading coupon card. We cannot wait to hear about what you are reading.

Building a Better Mousetrap!

As part of the science unit on energy transformation, Eighth grade students recently were challenged to create a Rube Goldberg contraption. A Rube Goldberg contraption is a very complex system of steps involving everyday items to achieve a very simple task. Our students were challenged to create a five-step contraption that would end with a domino in a cup. While working towards their goal, students were asked to sketch the contraption and identify the types of energy involved in their contraption and points where one form of energy being transformed into another. Videos of their contraptions can be viewed on their Google classroom!



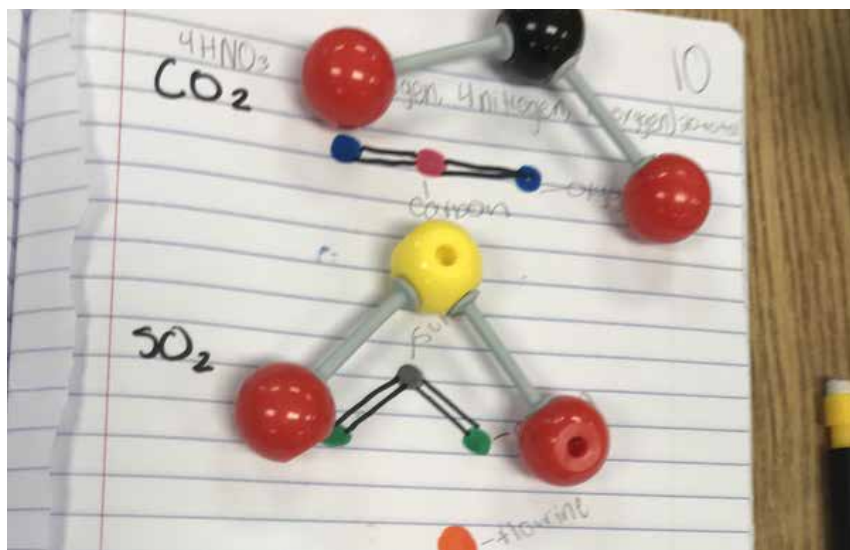
Science is Endothermic!

Students watched demonstrations of MRE ovens and hand warmers which are powered through exothermic chemical reactions releasing heat. Students then combined vinegar and baking soda to make a DIY cold pack creating an endothermic reaction which pulls in the heat, lowering the surrounding temperature. It was a hot topic with some cool activities!



Molecular Engineers

Hurst 8th graders designed molecules on an interactive computer program and then replicated these designs using molecule model kits. Students were able to identify which atoms were involved in the different molecules as well as the different types of bonds holding the molecules together. Most importantly, they learned that you cannot trust an atom because they make up everything!



Bayer Check Presentation

Hurst Wetland Watchers Program to receive a \$2,500 grant from Bayer Fund. Funds from the grant will be used to purchase materials and supplies that the students use for environmental education and outreach. The Wetland Watchers Program has been partners with Bayer for over 15 years. Bayer Fund is a nonprofit organization dedicated to strengthening the communities where Bayer customers and employees live and work by providing funding for food and nutrition, education, and community development projects.

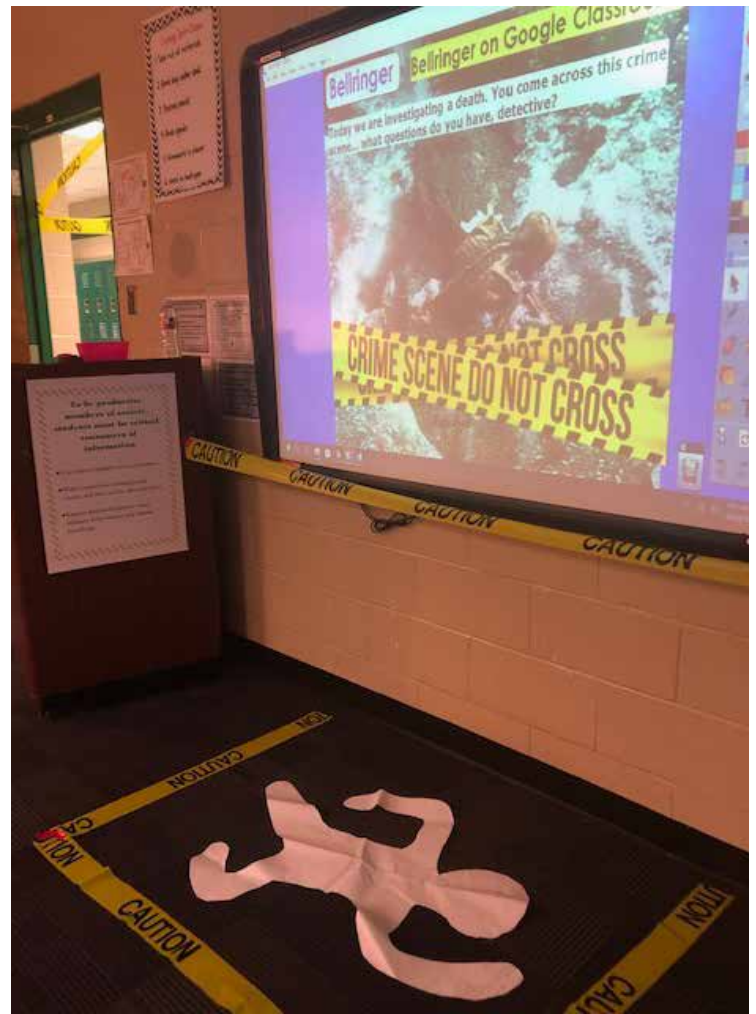


Finance Park

Mrs. Zeringue and Mrs. Roux's Social Studies classes visited Junior Achievement's Finance Park during the week of September 9-13. Finance Park took place at Landry Alternative Center in Hahnville, LA. Students were exposed to real life scenarios about money and budgeting. Students were required to make a budget for monthly expenses after receiving their example job and salary. Students then made purchases of large items like cars and houses. They were also given debit cards to simulate paying for items like groceries and clothing. Students used their knowledge from class activities to determine which purchases would be best and how it would influence their budget. Students spent the day preparing for the real world decisions they will make in the future.

The Case Of Otzi The Iceman

Students in 6th grade world history were investigating the death of a 5,000 year old mummified body named Otzi The Iceman who lived during the stone ages. Students looked at clues and artifacts to determine what caused his death and what life was like for early humans.



Thermal Test

Prior to this lab, 7th grade science students constructed their own version of a "Yeti" cup. They tested their containers in the lab to see how effective they were in preventing heat from transferring into the container. They had a great time, and it is apparent that they made the connection.

Pythagorean Puzzles

8th Grade Algebra students in Mrs. Houston's class doing Pythagorean Theorem Puzzles after their quiz.





Middle School going to... College?

It is typical of a child these days to wish they were older. They wish they could be in college, in order to have just a little more freedom. Just a few weeks ago, students from Harry Hurst Middle School had that wish come true (well... at least for a day), as the Tulane University Marching Band opened their gates to neighboring high school and middle school students. Our school was represented by members of the Harry Hurst Roadrunner Band, Harry Hurst Choir, Harry Hurst Cheerleaders and the Runnerette Dance Team.

These students all received the opportunity to experience being a college student on game day. Starting off the day with a music and dance rehearsal, they then got to meet and mingle with students from the other schools, as well as from Tulane University. The band and choir students worked on perfecting the notes and rhythms to Ella Fitzgerald's "How High the Moon", while the cheerleaders and dance team learned the steps for their choreographed dance routine.

Game day wouldn't be complete without the football game itself. Right before the 7:00 PM kickoff time against Missouri State University, the students made their way into the stadium, accompanied by the cheers and chants from football fans. Following Tulane's Marching Band performance at halftime, all participating groups walked onto the field to perform their tribute to the late and great Ella Fitzgerald.



HMS Step Team Steps Up

Congratulations to all of the students that made the Harry Hurst Step Team! They worked hard and showed off their Swag. The step team consists of 6th, 7th, and 8th grade students. Swag Nation of 2019-2020 first showcased their talents at the pep-rally last month. They wowed the crowd and proved that they are worthy of their Swag Nation name. The step team will be performing throughout the school year. Come out and support Swag Nation as they step it up!



Art Club



Harry Hurst Middle School Art Club has kicked off its second school year with a bang! The HMS Art Club began in August of 2018 with only 23 members. Mrs. Simon and Mrs. Rogan sponsor the club to allow students with interests in the visual arts to collaborate and socialize. Last year, the club created props for two school theater productions, made banners for each football game, hosted a watercolor class, learned new crafts, and designed the ideas for HMS Trunk or Treat.

Art Club students are already creating projects for school functions, and planning a field trip to see some exciting artwork being made by local artist! This year we have a larger group with over 40 members, and we are excited about doing some new and creative activities with our awesome artists!

This year, HMS Art Club is planning to participate in many social and artistic activities. Our goal is to introduce students who may not be able to take art during the school year the opportunity to experiment with new media and interact with their friends that share the same interests. The HMS Art Club meets from 3-5 pm on the second Tuesday of each month.

At the first meeting, students came up with ideas for the HMS Trunk or Treat. This event is sponsored by the Engaging Stakeholders Committee at Hurst. It is a social activity designed to welcome incoming 5th graders. Future students attend the football game and meet the faculty and interact with current HMS students. This year, students are painting characters from the movie Toy Story and creating toy blocks and three dimensional props. Students are painting life size animated characters including, Woody, Buzz Light Year, Mr. Potato Head and other retro toys from the classic movie.

HMS Art Club also plans to redecorate the boys and girls bathrooms located in the café area. Students are researching positive affirmations and encouraging words and plan to paint them onto the bathroom doors and walls. The Art Club also wants to incorporate some of our teacher's favorite quotes and ask them to participate in painting with students!

We are looking forward to a great year at Harry Hurst Middle School. We hope you see more of our exciting artwork in the future!



Talented Theatre

Here are a few updates about what's happening around the theater classes and in rehearsals.

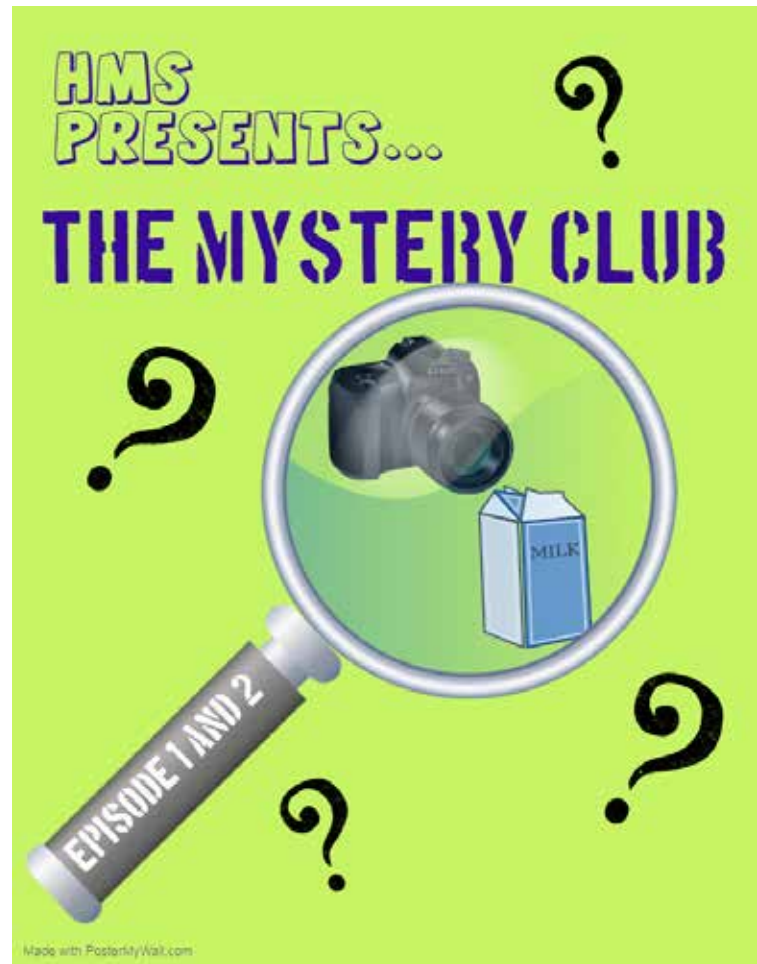
Rehearsals are under way and going well. Please remind your child to bring his/her scripts daily, and to check their rehearsal schedule to be sure to let me know of any split time or conflicts in advance! The Mystery Club is a fun mystery comedy set in Holmes and Watson Middle, home of the fighting owls! The show will run November 12-13th at the Lafon Center Blackbox. Tickets will be on sale for \$6 each.

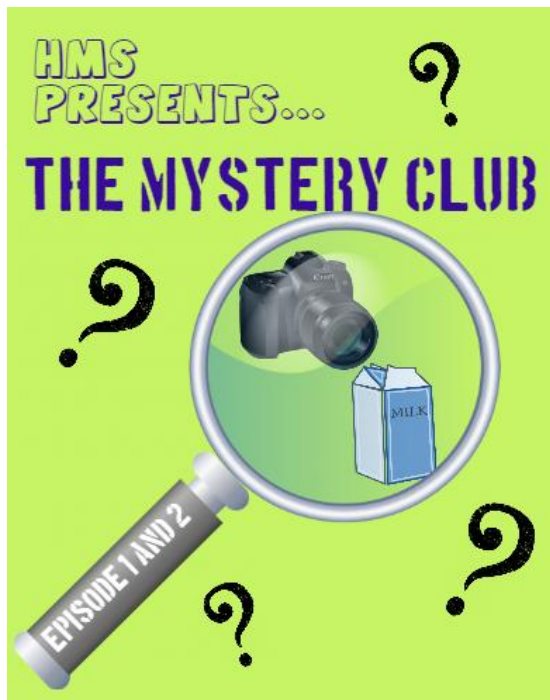
T-shirt order forms: You can find the logo design for our Fall Play attached which was designed by our 6th grade 2A class, the publicity crew. They are very excited to have put this together. Shirts are \$10 each and the due date for the shirt is orders are Friday, October 11th. The sale is open to the school and shirts can be worn as a Spirit Shirt on Fridays throughout the school year.

6th grade: They are currently finishing up their whole unit on design and tech, which consists of lighting, sound, props, set, and costumes. They are then shifting focus into their crew assignment as a class. We will be building, painting, drawing and creating the world of our play for the month of October. Recently they learned how to set up a lighting tree.

7th grade: The students in 7th grade are working on tragic monologues. The students are learning how to analyze a character, how flaws shape the character and then how to actively perform a solo piece.

8th grade: We have been working on Shakespeare and Elizabethan theater in class. They have been learning to translate the text of the immortal Bard into modern day language. This was obviously to their advantage when they visited the Lafon Center for their Artsperience. The theatre students shined in the workshops!





The T-shirt color is pictured here, NEON GREEN. The shirt front will say "HMS Presents...THE MYSTERY CLUB. There will be various images that are specific to our show, such as: magnifying glass, camera, milk, and question marks. The colors on the front will be silver, purple, white and black. On the back of the shirt, it will say "2019 Mystery Members" followed by a Cast/Crew list.

Shirt designed by the 6th grade Publicity Crew ☺

Indicate in the space following the size how many are needed. Please place money and order form in envelope with child's name.

Youth Sizes \$10.00

Small (6-8) _____ Medium (10-12) _____ Large (14-16) _____

Adult Sizes \$10.00

Small _____ Medium _____ Large _____ X-Large _____

Adult X sizes \$12.00

2XL _____

3XL _____

Total Cash Enclosed: _____

Check Number: _____


Student Name

Theatre Class Period #

***Make checks payable to:** Harry Hurst Middle School and memo: theatre shirt
Send orders to Mrs. Rivas in C-106.
The sale ends on Friday, October 11th.

Nurse's Notes

I NEED TO STAY AT HOME IF....

						
FEVER	VOMITING	DIARRHEA	RASH	HEAD LICE	EYE INFECTION	HOSPITAL STAY AND/OR ER VISIT
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, Itching, and/or "crusty" drainage from eye	Hospital stay and/or ER visit

I AM READY TO GO BACK TO WORK OR SCHOOL WHEN I AM...

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school.	Released by medical provider to return to work or school.
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